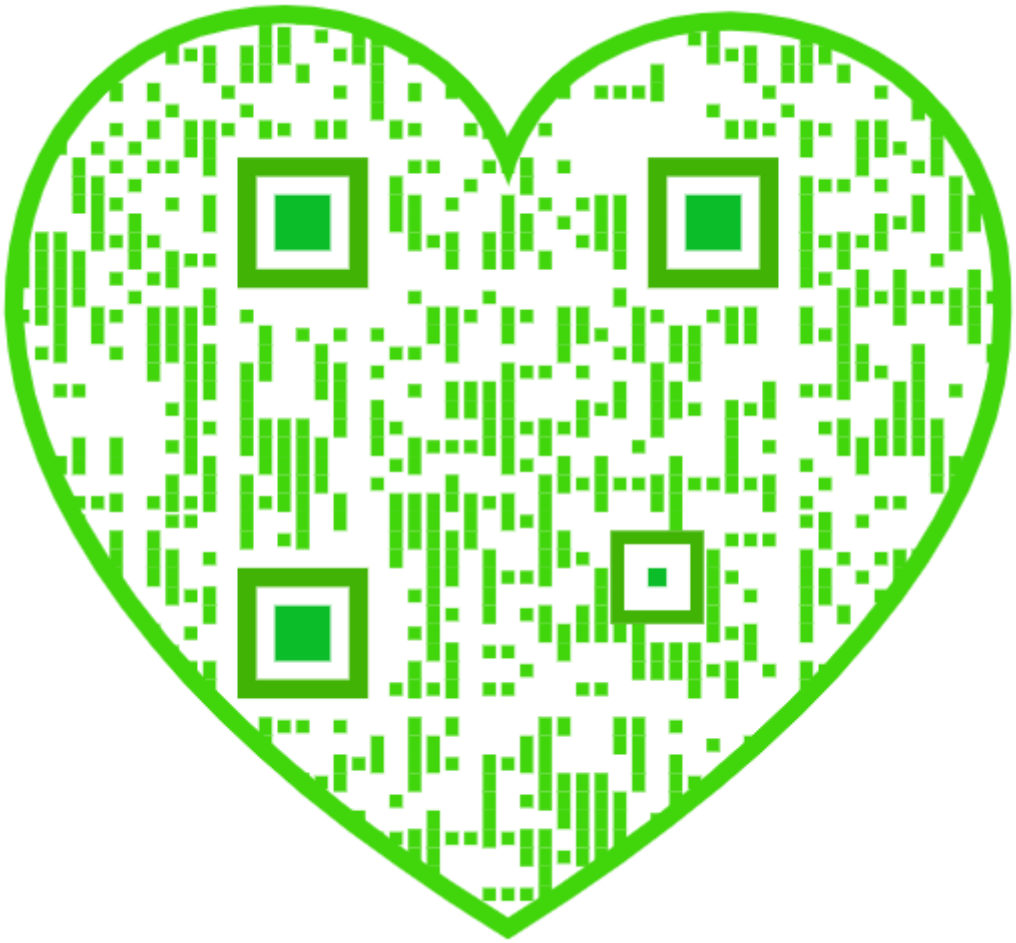

THE

CONTINENTAL FISH COOK;

OR,

A FEW HINTS ON MAIGRE DINNERS,

ETC.

BY

M. J. N. DE FREDERIC.

Third Thousand,
WITH ADDITIONS.

R. WASHBOURNE,
18 PATERNOSTER ROW, LONDON.
1883.

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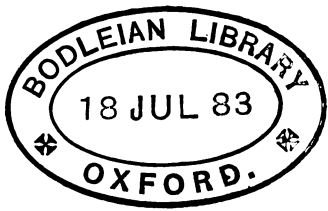
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PREFACE.

THE Writer of this book is a foreign lady, resident in England for some years, but who has lived in, and travelled through, many countries, where, owing to climate and other reasons, Fish and Maigre Dinners and Meals are of paramount importance, and where an excellent variety of dishes is provided, adapted to the requirements of lighter food. And as some of her friends in England have solicited her, for some time past, to write down a few recipes such as she has seen used in other countries, and different from those usual in England, she accordingly presents this little work to her many English friends, trusting that her efforts will prove acceptable to them, as well as to the public in general; and she can

assure them that if, from her book, they cull a few hints for providing a diversified and economical dinner, she will have been amply rewarded for the time and labour spent in arranging all the information contained in these pages, and which she offers in grateful remembrance of the warm hospitality and welcome which she, as a foreigner, has always met with during her long residence on English soil.

THE
CONTINENTAL FISH COOK.

POTAGES AND SOUPS.

1.—LENTIL POTAGE.

In two quarts of water boil half a pint of lentils, with one onion, a head of garlic, one shallot, a sprig of parsley, one bay leaf, three cloves, a teacupful of salad oil, or three ounces of butter, and some pepper—for two hours; then add three ounces of rice, and one pound of spinach, scalded and chopped, and let all boil together for two more hours, or until thoroughly cooked, stirring it frequently, as this potage is served thick, and easily burns if not carefully stirred. Salt should not be added

until just before serving, as it hardens the lentils. Oil should always be preferred to butter in preparing potages of all kinds, being more mellow, and therefore better adapted for dressing lentils and beans of all descriptions.

2.—HARICOT-BEAN POTAGE.

Boil for one hour half a pint of haricot beans in two quarts of water—fry in a teacupful of oil two sliced onions, four cloves of garlic or shallots, a sprig of parsley and two ounces of breadcrumb, a teaspoonful of capsicum pepper, or a pinch of cayenne—pound all this in a mortar, with three cloves and a little black pepper; mix a little water into this, and pour all into the saucepan with the haricot beans, and let it boil two hours longer; then add three ounces of rice, a little parboiled spinach, one bay leaf, and some salt—let it stew for another hour, and serve.

This is a richer way of making potages than the above, and all beans may be dressed either way.

3.—SPANISH PEAS, SOUP OR POTAGE.

Same as the preceding, with the only difference that Spanish peas require soaking overnight in a little salt and water.

4.—MACARONI SOUP.

Throw half a pound of macaroni into three pints of boiling water, with three ounces of butter, one carrot, one turnip, a few celery stems, one onion, some fresh mint cut up small, pepper and salt—boil for an hour and a quarter, or until the macaroni and vegetables are quite tender, but not broken from overboiling—pour this soup into a tureen, and then mix into it two well-beaten eggs, and serve with grated cheese—either Parmesan, or good Dutch cheese.

5.—VERMICELLI SOUP.

In two quarts of boiling water put half a pound of vermicelli, and boil for five minutes with two ounces of good butter, pepper and salt to taste; pour this into a tureen, mix two well-beaten eggs in it, and serve with

grated cheese. This soup should remain thick.

6.—BARCELONA VEGETABLE SOUP.

Cut a Savoy cabbage into small pieces and boil it in two pints of water; put some small sippets of toasted bread into a tureen, and pour the cabbage and water over the bread; add two tablespoonfuls of oil, or two ounces of butter, and a little vinegar, pepper, and salt. Stir it well, and serve.

7.—BREAD SOUP.

Take one pound of best wheaten bread sliced fine, three ounces of butter, a little mint, pepper, and salt to taste, and boil in a pint and a half of water for one hour; let it stand covered a few minutes, then mix three eggs beaten up into the soup, and serve—care being taken never to put the saucepan on the fire after the eggs are mixed in, as they might curdle. Pour it into a tureen, and serve with grated cheese.

8.—ANOTHER BREAD SOUP.

Toast two rounds of bread, cut into square pieces, and place in a tureen; break over it two raw eggs, add two ounces of butter, some powdered dried mint, and a little salt; pour over all sufficient boiling water to soak the bread and remain rather thick; stir it quickly to mix the eggs, and cover for five minutes, and send up. This soup is very nice, and quickly made, as it does not require cooking.

9.—COD'S HEAD AND RICE.

Take half a cod's head and shoulders, and put in a saucepan with one quart of water to boil for fifteen minutes; fry, in four ounces of butter, one onion and two tomatoes, sliced, some chopped parsley, pepper, salt, and two cloves; when nicely fried, put it all into the saucepan, with the fish; add half a pound of rice, and boil until it is all well cooked; let it stand away from the fire for ten minutes, and serve up.

10.—PRAWN SOUP.

Take one pound of bread, sliced fine, and place in layers in a stew-pan; fry, in three

ounces of butter, two Spanish onions, one or two tomatoes cut small, one shallot, and a little parsley chopped finely; when all is nicely browned, lay it all over the bread with a little pepper, salt, and two cloves; pick two dozen prawns, and place them on the bread; pound the refuse in a mortar with a little water, strain through a sieve, and pour it over all, adding more water if required, as it should have a quart altogether; boil gently for three-quarters of an hour; let it stand ten minutes away from the fire, and serve. This soup must not be stirred with a spoon, as the bread should not be displaced or broken, and should remain thick and savoury.

11.—EEL SOUP.

In three ounces of butter fry three large tomatoes, six spring onions, and some parsley cut up into small pieces, and stir in the pan until the tomatoes are melted into a sauce, and all has taken a light brown colour; add one pound of eels cut up into small pieces, and stir them in the pan with the tomatoes

and onions for a few minutes. In a stew-pan lay one pound of thinly-sliced bread, and throw over it the contents of the frying-pan; add pepper, salt, and cayenne to taste, one quart of water, and boil for one hour. Serve in a tureen, carefully, so as not to break up the eels or bread. Oysters, mussels, or any kind of fish, may be substituted in making this soup.

12.—FISH SOUP.

Take the head and bones from soles which have been filleted, and make the following excellent soup: boil them gently for two hours in a pint and a half of water, with a little salt, and strain; brown, in three ounces of butter, a sliced onion, a bunch of parsley, a few shreds of saffron, and a very little flour; add the liquor from the fish, and turn all into an iron saucepan, and put it on the fire; when it begins to boil, mix by degrees into it two tablespoonfuls of semolina; let it boil for a quarter of an hour, and serve.

FISH.

13.—BOILED SALMON.

The way to boil salmon being generally known, it will be unnecessary to describe it; the following recipe will, however, be found useful for dressing cold boiled salmon:—

14.—PICKLED SALMON—SPANISH WAY.

Take the remains of boiled salmon, remove carefully all the bones, and divide it into nice pieces; lay them in a deep dish. Chop finely a good bunch of parsley, some capers, and two hard-boiled eggs; well mix this in a basin with a little mustard, pepper, salt, oil, and vinegar, and pour it all over the salmon; a few chopped spring onions or half a Spanish onion added is a great improvement where onions are not objected to; garnish with sliced cucumber. Fish pickled in this way will keep good a week or even longer.

15.—BAKED SALMON.

Place in a clean baking-dish a small salmon of about two or three pounds weight, and line the dish with thin rounds of Spanish onions; spread over the fish and onions breadcrumbs, a good quantity of chopped parsley, thyme, pepper, and salt, mixed all together, and pour over all a quarter of a pound of hot butter or oil, half a pint of water, and some lemon juice; bake in a brisk oven and serve in the same dish.

16.—FRIED SALMON—WITH TOMATOES.

Fry in oil, lard, or dripping, two pounds of sliced salmon, and in the fat remaining in the frying-pan brown three or four large tomatoes cut in small pieces, stirring with a spoon until they are melted; pour the contents of the frying-pan into a wire sieve and rub through; add pepper and salt; warm this up and pour the sauce nicely over the fried salmon. Any kind of fried fish is nice dressed in this way.

17.—RED MULLETS—BROILED.

Take some red mullets, remove carefully all the livers, and put them all into one of

the red mullets; cover each fish with bread-crumbs, pepper, and salt, and broil on a gridiron over a very clear fire, wetting them frequently with a brush dipped in hot butter until the mullets are thoroughly done, when the livers are taken out and rubbed on a plate or small basin with a spoon, adding some hot melted butter until it becomes a thick sauce; then add the well-whipped yolks of two eggs, pepper, salt, and mustard to taste, care being taken to hold the plate or basin before the fire all the time, that the sauce may keep hot, as it must not be boiled or put in a saucepan; pour the sauce on a dish, and place the red mullets over the sauce, and garnish with slices of lemon or beetroot. This is the best and most delicious way of dressing red mullets, and fit for any recherché dinner.

18.—RED MULLETS—BAKED.

Place six red mullets on a flat dish or baking tin, and cover them with bread-crumbs, chopped parsley, pepper and salt, three ounces of butter, and a squeeze of lemon; sprinkle a few spoonfuls of water

over the fish, and bake in a quick oven to a nice brown colour.

19.—RED MULLETS—EN PAPILLOTES.

This recipe hardly requires explanation, as it is so well known, being found in most cookery books, but being a very nice way of dressing mullets, it may as well be included. Dip each fish in eggs and bread-crumbs, seasoned with pepper and salt, and wrap each mullet in a sheet of well-buttered paper, and broil on a gridiron over a clear fire.

20.—RED MULLETS—WITH TOMATO SAUCE.

Same as the recipe for salmon (16); but when fresh tomatoes are not in season, the mullets may be served with tomato sauce, such as is sold in bottles at the Italian warehouses.

21.—PICKLED RED MULLETS.

Fry the mullets in butter, lard, or oil (the latter preferred), to a nice crisp brown; lay the fried fish in a rather deep dish, and

in the fat that remains in the frying-pan brown two cloves of garlic, add two bay leaves, six peppercorns, pepper and salt, four cloves, and a wineglassful of vinegar; boil for three minutes, and pour over the fish, garnished with rounds or slices of lemon. This is an excellent supper dish, as it is equally nice cold or hot. The above proportion of spices, etc., serves for three or four mullets. This recipe can be applied to almost any kind of fish.

22.—SOLES—ANDALUSIAN WAY.

Take two middle-sized soles and fry them of a light brown colour—either in butter or oil—and in the fat remaining in the frying-pan after the soles have been fried, brown two onions finely sliced, a bunch of parsley, two cloves of garlic or two shallots, and a thick slice of bread without crust; when all has been fried, put everything, with the exception of the fish, into a mortar with two pounded cloves, pepper and salt, and pound well into a fine pulp; add one pint of water, and rub it all through a wire sieve, putting it all into the frying-

pan again, and put your fried soles into the sauce, letting all boil together for about ten minutes, until the sauce is thick enough to serve.

23.—SOLES—IN A PLAINER WAY.

Make some butter sauce in the usual way with a quarter of a pound of good butter, flour, pepper and salt, and just sufficient water to make a rather thick sauce, stir and boil for a minute or two; then place in an oval stew-pan a large sole, and pour the butter sauce over it and boil for about half an hour, or until the sole is well cooked—there should be sufficient sauce to cover the sole, but no more—divide in four pieces a thin round of dry toast and lay it on a hot flat dish, and place the sole on the bread, pouring the sauce over all; arrange some boiled turnips around the fish and serve.

24.—BAKED SOLES.

Mix together some breadcrumbs, chopped parsley, pepper and salt; sprinkle about a handful of this on a flat dish, lay two dozen

oysters around the dish, and place a good-sized sole in the centre, and smother all well with the mixed breadcrumbs; melt a quarter of a pound of butter, and pour it over with the juice of half a lemon, a little water, and all the liquor from the oysters; bake in a quick oven to a light brown until it remains nearly dry. The fish must not be removed from the dish, but sent to table on the same dish on which the sole has been baked.

25.—SOLES—À LA RUSSE.

Take the fillets of two or three large soles, and cut them in two, lengthways; roll up each piece and tie with a bit of thread, and boil carefully in a little water; make a rich butter sauce with butter, a little milk, flour, pepper and salt, and some of the liquor in which the soles were boiled; boil this sauce well for about five minutes; remove from the fire, and mix into it, just before serving, the yolks of three eggs well whipped, with a little cream, and the juice of half a lemon; place the fillets of sole on a hot dish, and pour the sauce over

them; garnish with bits of boiled cauliflower.

26.—STUFFED SALMON BREAM.

Stuff a salmon bream with the following ingredients: breadcrumbs, a little butter, chopped parsley, and a very little onion, some thyme, pepper, and salt, but not egg; lay the fish on a dish, put thinly sliced potatoes and onions around the fish; spread breadcrumbs, with chopped parsley, over all, about a quarter of a pound of butter in bits, sprinkle a little water to moisten the fish, and bake in a brisk oven; serve in the same dish.

27.—BROILED SALMON BREAM.

Stuff your fish as in the preceding recipe, and broil it carefully on the gridiron, basting it frequently with a brush dipped in oil or hot butter; when thoroughly cooked put it on a hot dish, and spread finely chopped onion, parsley, and a few capers; mix some oil and vinegar, or lemon juice, and pour it over all. The following sauce may be used instead, for a change, if

preferred: scald and peel some tomatoes, rub them with some butter over the fire until they dissolve into a sauce, add a little pepper and salt; pour into a dish, and place the fish on it. When tomatoes are not in season, tomato sauce, with a little butter and water added, and boiled for five minutes, is a good substitute.

28.—STEWED SALMON BREAM.

Fry a good slice of bread, without crust, some parsley, a tablespoonful of capers in a quarter of a pound of butter, and pound all in a mortar; mix into this a teaspoonful of anchovy sauce, a wineglassful of wine, and a pint of water; lay the salmon bream in a long stew-pan, pour the contents of the mortar over it, and stew gently for about half an hour, until the fish is quite done.

29.—GURNETS.

Gurnets should be dressed in the same way as salmon bream, and are equally good, making rich and excellent dishes.

30.—EELS—WITH MASHED POTATOES.

Mash some potatoes with butter, milk, pepper and salt, and make a high wall round a flat dish, leaving the centre free; bake or brown it lightly. Stew two eels, cut up in pieces, in some parsley sauce, with a little cayenne pepper, and salt; mix the yolk of one egg into the sauce just before serving, and very carefully serve the stew in the centre of the dish, with the mashed potatoes.

31.—EELS WITH WALNUT SAUCE.

In two ounces of butter, brown one shallot and a slice of bread; pound all in a mortar with three pickled walnuts, two cloves, pepper and salt; mix half a pint of water, and rub through a cullender into a stew-pan with two pounds of eels; stew gently until cooked, and serve very hot.

32.—STEWED EELS.

Cut two pounds of eels in pieces and lay them in a stew-pan; in three ounces of butter, fry half a Spanish onion sliced finely, one shallot, a sprig of parsley, and a table-

spoonful of flour, to a light brown colour; mix into this one wineglassful of port or Catalan wine, and half a pint of water; pour all into the stew-pan with the eels; add a bay leaf, two cloves, pepper, and salt, and stew gently until the fish is well cooked —keeping the stew-pan closely covered— and serve.

33.—FRICASSÉE OF EELS.

In a stew-pan lay two pounds of eels, a slice of onion, half a pint of green peas, two cloves, pepper, and salt, one tablespoonful of flour, and half a pint of water, and boil gently until thoroughly cooked. Before dishing, and after removing the stew-pan from the fire, mix into the sauce a liaison of two yolks of eggs, some cream, and a little lemon juice, and serve with sippets of fried bread.

34.—EELS—WITH TOMATO SAUCE.

This recipe is the same as the one headed "Fried Salmon with Tomatoes" (16).

35.—PICKLED EELS.

Cut up some eels in pieces two inches long, and lay them in a deep dish; in a

mortar, pound one clove of garlic, pepper,, salt, and a teaspoonful of capsicum pepper some thyme, adding, when well pounded, two tablespoonfuls of vinegar, and one of water, and pour all this over the fish; let it stand for two hours, then wipe the fish dry in a cloth, flour, and fry them in hot lard or butter; serve with endive or celery salad.

36.—PICKLED EELS—ANOTHER WAY.

Proceed the same as for pickled red mullets (21).

37.—SKATE—À LA CATALANA.

Chop finely two shallots, two tablespoonfuls of capers, two anchovies, and a sprig of parsley; put them into a stew-pan with a quarter of a pound of butter or salad oil, three spoonfuls of boiling water, and one of caper vinegar, stir all well over the fire until completely mixed; lay in this sauce two pounds of skate, and stew until the fish is well cooked.

38.—SKATE—WITH JERUSALEM ARTICHOKES.

Brown very lightly two tablespoonfuls of flour in three ounces of butter, and mix by

degrees one pint of milk, pepper, and salt; pour it into a stew-pan with two pounds of skate, cut in pieces a sprig of parsley, and one pound of Jerusalem artichokes, which have been previously boiled, but not thoroughly cooked; stew all together until the fish and artichokes are quite tender; serve, garnished with slices of fried potatoes.

39.—SKATE—WITH MUSHROOMS.

Boil for a quarter of an hour two dozen mushrooms, keeping them whole; place on a flat dish one pound and a half of skate, and lay the mushrooms around the dish; sprinkle over all four ounces of bread crumbs, mixed with a good bunch of well-chopped parsley, salt, and a pinch of cayenne pepper, and pour over them a quarter of a pound of hot butter, and half a tumblerful of water; bake in a moderately quick oven; serve in the same dish. When mushrooms are not in season, oysters may be substituted.

40.—TO DRESS SKATE WITH GREEN PEAS.

Make a rich sauce with a good piece of butter, flour, and milk, and throw into it

some chopped parsley and green peas, previously boiled. Fry some pieces of skate with egg and breadcrumbs, or butter; serve up very hot, and pour the sauce over it.

41.—STEWED MACKEREL.

Pound two cloves of garlic with three ounces of breadcrumbs, and rub into it two tablespoonfuls of olive oil, and one pint of water; add some anchovy sauce, pepper, and salt; pour into a stew-pan, and put into it four mackerel cut in three pieces each; stew gently until quite tender, and serve up, bearing in mind that the sauce must be of the consistency of cream.

Skates or eels done in the same way are excellent.

42.—PICKLED MACKEREL.

Same as pickled red mullets (21).

43.—PICKLED MACKEREL—ANOTHER WAY.

Proceed as for pickled salmon in the Spanish way (14).

44.—TO DRESS DRY COD OR LING FISH.

Dry cod or ling fish is very little known in England, but may be had in several shops in London, as foreigners and many English persons who have been abroad know well what delicious and excellent dinners may be made with the addition of this palatable fish. I shall therefore, by way of introducing an agreeable variety into English fish dinners, proceed to give several very good recipes for dressing dry codfish.

In many countries where fresh fish is scarce, this fish constitutes the principal food of both rich and poor during Lent.

It must be borne in mind that this fish, in whichever way it may be dressed, *must* as a rule be steeped or soaked in lukewarm water from the evening previous to the day in which it may be required, as otherwise it would remain too hard and salt, and unfit to be properly cooked; care must also be taken in the manner of boiling, which I shall describe as follows :—

45.—TO BOIL COD OR LING FISH.

Take two or three pounds of salt fish previously soaked, scrape and wash it, place in the fish kettle with cold water enough to cover, put right on the fire until it boils up, when place on the side of the grate, keeping it hot but not boiling until the fish is tender; this process generally takes an hour and a quarter, reckoning from the time it is first put on the fire; if the cod is allowed to boil hard it becomes tough and indigestible. Serve with egg-sauce, or as follows:—

Place the boiled fish on a dish with a cupful of the fish liquor, two or three spoonfuls of oil and vinegar poured over it; chop some parsley, spring onions, capers, and two hard-boiled eggs; spread it all evenly over the fish, and serve; or else make the following sauce, which is very nice for all kinds of boiled fish:—

Take two hard-boiled eggs, rub them in a mortar with a teaspoonful of mustard, mix by degrees about half a teacupful of salad oil, and a little vinegar to assist the mixing,

until it gets into a creamy state, and the oil does not rise; mix in a good handful of well-chopped fresh parsley, spring onions, and a tablespoonful of capers; adding vinegar to taste, a little pepper, and some of the hot fish liquor, and serve in a sauce-tureen. This sauce is not boiled, and only sufficient liquor should be added to leave the mixing the consistency of thin cream or salad dressing, and for this effect the eggs must *not* be boiled too hard, and they should be well worked up.

46.—CODFISH PUDDING.

Soak and boil as above one pound of dried salt codfish, the tail part preferred; skin and carefully remove every bone, and pound the fish in a mortar to a pulp; mash two pounds of boiled potatoes while hot, and put the fish pulp and mashed potatoes into a basin, adding a quarter of a pound of good butter, four eggs, pepper, and a teaspoonful of mustard; well mix all together, but do not add salt; butter a pudding-dish and place all the mash into it, smoothing it evenly with a knife, making indentations to

form a pattern to taste; pour over it about an ounce of hot butter, and bake in a good quick oven to a deep brown colour; serve with egg sauce.

47.—FRICASSÉE OF CODFISH.

Fry, in three ounces of butter, to a light brown, half an onion, a bunch of parsley, a tablespoonful of flour, stirring it all the time to prevent its burning; add a little pepper, and mix into it half a pint of water; pour all into a stew-pan, and lay in it one or two pounds of the dried codfish, which must have been previously soaked and boiled as above; cut up into square pieces, and let it stew together for fifteen minutes; before dishing, take the yolks of two eggs beaten up with a little lemon juice, and gradually mix it into the fricassée, taking care that it does not curdle; and after this liaison has been added the fricassée must not be put on the fire again, but dished carefully.

48.—CROQUETES OF CODFISH.

Take some pieces of previously boiled codfish, cut in small squares or long bits,

and dip them in a thick batter made with an egg, milk, and flour, and fry in hot lard, salad oil, or clarified dripping, but not butter; when nicely browned, serve them very hot, garnished with fried parsley; salad ready dressed is usually served with croquetes when they are prepared for luncheon or supper.

49.—CODFISH—WITH CAPSICUMS.

Fry a slice of bread without crust in three ounces of butter, put the bread when nicely browned in a mortar, and in the butter that remains in the pan, fry one sliced onion, one shallot, and a dessertspoonful of sweet capsicum pepper, a little black pepper, and two cloves; add half a pint of water and put it all into a mortar with the fried piece of bread, pounding it all into a sauce; add a little more water and pour all into a stew-pan with about a pound of codfish previously soaked, boiled, and cut into small square pieces; stew half an hour, when it will be ready to serve.

50.—BROILED CODFISH—FOR BREAKFAST.

Take one or two pounds of dried codfish which has been previously soaked but *not* boiled; wash it well, and dry it in a clean cloth; broil it on a gridiron over a very clear fire, until of a light brown colour; put it on a hot dish and rub some butter over the fish, with the juice of half a lemon; shake some black pepper over it and serve. Some plain boiled rice, as for curry, with a little butter mixed in, should be served with the fish. Codfish dressed this way is a good substitute for broiled haddock for breakfast.

51.—BAKED CODFISH—EITHER FRESH OR SALTED.

Cut into thin rounds two large onions and two or three raw potatoes, sprinkle some fine breadcrumbs and chopped parsley on a flat dish, place the onions and potatoes in alternate slices around the dish, lay the codfish in the centre, and well cover all with breadcrumbs and parsley; some butter made hot and poured over, sprinkle half a

pint of water on the breadcrumbs and fish; well bake it in a quick oven. If the codfish used be fresh, it should be prepared raw; if with dried salt cod, it must have been previously soaked and parboiled: either fresh or salted cod is equally good prepared in this way.

52.—DRY CODFISH—WITH RICE.

Put half a pound of dry codfish to soak in boiling water for ten minutes; scrape, wash, and dry it in a cloth, then bone and shred it in very little bits; fry, in a little salad oil or butter, to a light brown, three cloves of garlic or shallots, one or two sliced Spanish onions, and a little parsley; then add three or four tomatoes, cut up, or some tomato sauce, a few shreds of saffron, a teaspoonful of sweet capsicum pepper; stir it all into a sauce, then add the shredded fish, give it a turn or two, then pour it all into a stewpan with three-quarters of a pound of rice, three pints of water, some cloves, mace, and pepper; let it all boil together briskly for twenty-five minutes;

remove it from the fire, keeping the lid on, and let it stand for ten minutes for the rice to swell; serve it piled up lightly on a dish, as the rice should remain dry, and every grain separate. When boiled rice is required, either plain, boiled in water, or in stews, care should be taken that it boils hard at first, as, otherwise, it becomes soft, watery, and unpalatable.

53.—DRY CODFISH—STEWED WITH TOMATOES.

Soak and parboil a piece of codfish, and lay it in a stew-pan; brown some sliced onions and tomatoes, either in a little oil or butter; add some flour, and rub it all into a sauce, with a pint of water; pour it all into the stew-pan with the fish, a little pepper, cloves, cayenne, or a chillie, and stew gently for an hour. When tomatoes are not in season, a few spoonfuls of tomato sauce is a good substitute.

54.—MUQUECA (AN AFRICAN DISH).

Place in a deep baking dish alternate layers of sliced tomatoes, onions, and cod-

fish (brill or plaice will do equally well, but not salmon, mackerel, or other red fish), until the dish is full; cut up a capsicum pepper into small bits and place over each layer; pour over all half a teacupful of oil, or, if preferred, three ounces of butter or beef-dripping, and salt; cover with thin slices of bread and bake in a moderate oven until well cooked. (The onions should be sliced very fine, otherwise they will not be cooked as soon as the rest.) This dish does not require water, as the tomatoes and onions yield sufficient moisture.

55.—FISH BALLS.

Put in a mortar the remains of any boiled fish, either salted or fresh, and pound to a pulp, carefully removing all the bones; then add some breadcrumbs and about two ounces of boiled rice, a little marjoram, chopped parsley, pepper, and salt; moisten it all with one or two eggs according to the quantity of fish and ingredients; with this make some moderately sized balls, roll them in a little flour, and brown them in boiling

lard, clarified dripping, or butter; have ready, in a little stew-pan, some butter sauce, and drop the balls into this sauce while boiling, and let them cook for fifteen minutes; make a liaison with the yolks of two eggs, a little cream or milk, and a few drops of lemon juice, and mix into the sauce before serving.

56.—STUFFED SPRATS.

Remove the heads, split open the sprats down to the tip of the tail, and take out the middle bone, lay them open on a dish, make some stuffing with breadcrumbs, chopped parsley, thyme, grated cheese, a small quantity of butter rubbed in, pepper and salt, and two eggs mixed in; well spread a spoonful of this stuffing thickly over each open sprat; dip them in whipped egg, and fry them in butter or boiling lard to a light brown, first on the back, and then on the side which has the stuffing, giving them the appearance of fritters, or little cakes; pile them on a dish, crowning it all with a bunch of fried parsley; garnish the dish with alternate half rounds of boiled beetroot

and lemon, with little sprigs of fresh parsley between. This is a very pretty dish for luncheons and suppers.

57.—ANOTHER WAY OF DRESSING SPRATS.

Remove the heads; boil the sprats in a small quantity of water for ten minutes, put them in a little pie-dish with the liquor, pouring over them a dressing of a little oil, pepper, salt, mustard, anchovy sauce, and vinegar to taste.

58.—A LOBSTER STEW.

Take a live lobster, pierce it with a skewer to kill it, and save the blood as it oozes out; cut up the lobster in pieces, and place in a stewpan with three pounds of finely sliced onions; pound in a mortar two pounds of blanched almonds, a piece of chocolate, the coral from the inside of the lobster, and the blood, which will have congealed; pepper and salt, add a teacupful of water, and rub these ingredients well together; pour into the pan over the lobster and stew gently until well cooked.

OMELETTES.

59.—SPINACH OMELETTE.

Boil half a pound of spinach, strain, chop, and fry it with butter for a few minutes; beat up six eggs for two minutes, and pour them into the pan with the spinach, adding pepper and salt; stir it all well, and let it set; then turn the omelette on the other side, and brown it lightly, as it should remain firm but soft; take a larger pan, and fry a few chopped spring onions and parsley; then add a spoonful of flour, stir it well, mixing in a pint of milk gradually, and let this sauce boil a few minutes; then place the omelette in this pan with the sauce, boil it a minute, and serve.

This is a delicious sauce for all kinds of omelettes, and very easy to prepare. Should the sauce be desired richer, add a little cream, with the yolk of an egg mixed into it at the time of serving.

60.—LETTUCE OMELETTE.

Take two French lettuces, cut away the stems from each leaf the whole length, chop

up the leaves, but not the stems, as no use is made of them, and fry them, until well cooked and tender, in two ounces of butter; add six well-beaten eggs, pepper, and salt, and set as above; serve with or without sauce.

61.—ASPARAGUS OMELETTE.

Boil twenty-four asparagus for ten minutes, chop them finely, fry them with butter, a little chopped onion, and parsley, pepper, and salt, mix in eight eggs well beaten up, and fry them on both sides very lightly, and serve.

62.—ARTICHOKE OMELETTE.

This is considered the best and most delicate of all omelettes, if properly made. Take three young artichokes before the seed has been developed, cut away all the hard outside leaves, and cut the points off from the remaining ones; divide each artichoke in eight pieces, fry them in butter slowly until tender and well cooked; then add eight eggs beaten up, pepper and salt;

make the omelette as usual. Another way is to mix the eggs as above, only stirring it all the time without setting it into an omelette, but like buttered eggs, which will be found equally as nice, and serves for a change.

63.—A COMMON OMELETTE.

Fry in butter, lard, or dripping, a little chopped onion and parsley, beat and mix in two, four, or six eggs; fry the omelette quickly on one side only, and roll it up like a pancake; serve without sauce.

64.—CHEESE OMELETTE.

Grate two ounces of cheese, double Gloucester, Parmesan, or any good cheese. Melt it in the pan with a little butter, pepper, salt, and mustard; mix into this four well-beaten eggs; set very soft, and serve very hot. This omelette should be made just when it is required, as it becomes tough if allowed to stand.

65.—SHRIMP OR OYSTER OMELETTE.

Fry in butter half a pint of picked shrimps, or two dozen oysters cut up, some chopped parsley, pepper, and salt, then add six eggs beaten up, and make the omelette the usual way. This omelette should be served with ready-dressed salad, or a sauce made as for spinach omelette (59).

66.—LOBSTER OMELETTE.

Reserve the best parts of the lobster for a salad, and chop up the bits from the feelers and claws; put three ounces of butter in a pan, and in it brown the chopped lobster, two ounces of breadcrumbs, a little grated cheese, pepper, salt, and a pinch of cayenne; then mix into this eight eggs, and let it set into an omelette.

67.—POTATO OMELETTE—WITHOUT EGGS.

Well mash two pounds of good potatoes, well boiled or steamed, with two ounces of butter, pepper, and salt; put the mash in a hot frying-pan, with some butter, or good dripping, laying it smoothly; fry until well

browned; turn it on the other side, adding a little more butter, or dripping, and fry as before; both sides should be well browned, but not burnt or broken; serve with a little parsley on the top as a garnish.

Very rich and delicious omelettes may be made with fresh mushrooms, very tender broad beans, or borage leaves, frying them in the usual way before mixing the eggs.

EGGS.

DIFFERENT WAYS OF DRESSING.

68.—EGGS—WITH SAUCE.

Cut in halves, lengthways, six hard-boiled eggs, placing them neatly on a dish; make a rich butter sauce in the usual way, adding half a pound of finely chopped and boiled spinach, mixing it well in the sauce; boil three minutes; take the sauce off the fire, and stir into it the yolks of two eggs, well whipped with a little cream and lemon-juice; pour it quickly into the dish with the hard-boiled eggs. This makes a very pretty dish, and very palatable.

69.—EGGS—WITH CAPER SAUCE.

Cut in halves eight hard-boiled eggs, and place them in a heap on a small dish; pour over them some very good butter sauce, with plenty of chopped capers in it, and flavoured with pepper, salt, and a pinch of cayenne.

70.—EGGS—WITH SPINACH.

Fry two pounds of boiled spinach with a good piece of butter, pepper, and salt; lay them smoothly on a flat dish, fry some sippits of bread, and garnish the edge of the dish; fry in butter, one by one, eight eggs, and place them carefully on the spinach without breaking the yolks.

71.—EGGS—WITH TOMATOES.

Take three large tomatoes, slice them in halves, and put a little salt over them; fry them on both sides in butter or oil, always preferring oil, as tomatoes take some time to fry, and butter browns very quickly, and often, if great care is not taken, will yield a bitter taste, from the tomatoes browning

too quickly; take them from the pan with a slice, and lay them on a dish carefully, pouring the butter or lard over them; fry in butter or lard some eggs, and place one egg upon each half tomato, and serve. This is a delicious way of dressing tomatoes, and care should be taken to choose only tomatoes that are firm, and not in any way damaged.

72.—EGG PISTO (A SPANISH BREAKFAST DISH).

Scald two or three tomatoes, peel and cut them up, and put them into a frying-pan with a good piece of butter, stirring them all the time over the fire, until rubbed into a sauce; well whip six eggs in a basin, with a little pepper and salt; pour them into the pan with the tomatoes, and stir quickly all the time until the egg is set; turn it out into a dish, and heap it up lightly.

73.—EGGS AND ONIONS.

Slice finely, and fry lightly, a large Spanish onion, in three ounces of butter;

add a spoonful of flour, stir it in with the fried onions for a few minutes, then mix with this half a pint of milk, and let it boil for half an hour; pour it into a dish, and put six hard-boiled eggs, cut into quarters, lengthways, around it, and four pieces in the centre to form a star or any pattern preferred.

CROQUETES.

74.—SALMON CROQUETES.

Chop up the remains of cold boiled salmon, some parsley, capers, and marjoram, mixing in some breadcrumbs, pepper, and salt; rub in two ounces of butter, and moisten all with two eggs; stir it all well, and make with this little flat cakes; fry them in boiling lard or dripping a light brown; serve them on a dish, and garnish with alternate rounds of beetroot and lemon.

75.—TURBOT CROQUETES.

Croquetes of turbot, or any other description of fish, are made in the same way as the above.

76.—ITALIAN CROQUETES.

Chop up a boiled sole, or any kind of boiled fish, removing carefully all the bones; mix with it some breadcrumbs, finely chopped parsley, thyme, or marjoram, pepper, salt, and two eggs. Make some good pie-crust with butter or lard; roll it out very thin, then place the stuffing upon it in little heaps, about the size of a walnut, and two inches apart; fold the paste over the stuffing, and cut each portion in squares or diamond shape with the pastry-wheel; fry them of a light brown colour in plenty of boiling lard or dripping, *not* butter, and serve with salad.

77.—OYSTER CROQUETES.

Brown in butter two dozen oysters, roll them in breadcrumbs, seasoned with pepper, salt, and a pinch of marjoram; dip them into whipped eggs, and fry them again in boiling lard to a nice colour; heap up the croquetes on a dish, with fried parsley in the centre, and garnish with rounds of beetroot and hard-boiled eggs.

78.—ANCHOVY SALAD.

Pick clean some anchovies, removing the bones, and wash them well; lay them on a dish, and sprinkle over them some chopped parsley, onions (spring ones preferred), a few capers, and two hard-boiled eggs; or lay each ingredient separately in squares to form a pattern; pour some oil and vinegar over all, and serve. This salad keeps good a month if bottled in a pickle bottle, and more oil and vinegar be added.

79.—BLOATER SALAD.

Broil some bloaters, remove the skin, heads, and bones, and divide them in pieces. Slice some boiled potatoes and cucumber, and put them with the bloaters on the same dish, pouring oil, vinegar, pepper, and mustard, mixed together, over all, and serve. This salad should be prepared quickly, as it must be sent to table quite hot.

VEGETABLES.

80.—STUFFED LETTUCE—A LA BAYONNAISE.

Parboil two lettuces without cutting them; and lay them open on a dish or plate, leaf by leaf, without breaking them. Make a stuffing with a quarter of a pound of breadcrumbs, a little chopped parsley, onion, marjoram, or thyme, a tablespoonful of grated cheese, pepper, and salt; rub in two ounces of butter, and mix all with two eggs; put a little stuffing in the heart of the lettuce, and replace the leaves, adding a little more stuffing between; tie them up with a string, and stew them with a pint of water, a little flour to thicken it, pepper, salt, a little mace, and a piece of butter or dripping; dish them on a flat dish without cutting them, and into the sauce mix the yolks of two eggs whipped with a little cream.

81.—STUFFED CABBAGE.

Proceed in the same way as the above.

82.—STUFFED VEGETABLE MARROW.

Make a stuffing as before. Scoop out all the seeds from two or three small vegetable marrows, and fill them with the stuffing. Stew them in a white or brown sauce, well seasoned, adding chopped mushrooms and parsley. This will be found an excellent dish served with fried fish.

83.—BAKED SPANISH ONIONS.

Make some stuffing as above. Scoop some good sized Spanish onions, and fill them with stuffing; range the onions in a large baking dish; sprinkle a little flour, pepper, and salt over them; add three ounces of butter or beef dripping, and half fill the dish with water; bake in a moderately quick oven for three hours, basting them frequently; serve in a vegetable dish with all the gravy.

84.—FRIED CARROTS—BELGIAN WAY.

Chop up finely five well-boiled carrots; put them in a frying-pan with three ounces of butter, a little salt, and plenty of black

pepper; stir them over a quick fire for ten minutes with a spoon, and serve in a vegetable dish, well heaped up, with a bunch of fried parsley.

85.—BOILED CAULIFLOWER—WITH SAUCE.

Boil a large cauliflower, and make the following sauce: fry two sliced onions in two ounces of butter or dripping, a sprig of parsley, and some chopped capers, stirring it all until of a light brown colour; add a tablespoonful of flour, and brown also; mix half a pint of milk into it, and boil for a few minutes. Serve the cauliflower in a vegetable dish, and strain the sauce over it.

86.—SPINACH—PORTUGUESE WAY.

Boil two pounds of spinach in plenty of water for three minutes only; strain and chop them well, put them in a frying-pan with three ounces of butter, a tablespoonful of flour, pepper, and salt; stir over the fire until nearly fried, then add a tablespoonful of milk or cream, and stir for five minutes more; serve in a vegetable dish with sippets of fried bread arranged over the

spinach in a pattern such as a star, a flower, leaves, or any device taste may suggest.

87.—ARTICHOKES—BAKED OR STEWED.

Well wash six artichokes, cutting the tips off; then press them to open the leaves; mix together breadcrumbs, plenty of parsley, one clove of garlic or shallot finely chopped, pepper, salt, thyme or marjoram, and with this stuffing fill in between the leaves of the artichoke and cover over so as to form a head or crown; place the artichokes in a deep baking dish, and into each pour a few drops of salad oil or hot butter; half fill the dish with water; bake in a moderately hot oven until the leaves pull off easily, and nearly all the water has been consumed, leaving a thick gravy, which should be poured over the artichokes when dished.

Should the artichokes be preferred stewed, prepare them in the same way, and stew in a caserole instead of baking.

88.—STUFFED CUCUMBER.

Proceed as for stuffed vegetable marrow (82).

89.—FRENCH BEAN SALAD.

Boil sliced French beans, and serve with oil, vinegar, pepper, and salt over them while hot; this is an excellent way of preparing French beans for a cold dinner.

90.—STEWED VEGETABLES.

Fry in three ounces of butter to a light brown, some spring onions, parsley, and two tomatoes cut up; add a spoonful of flour, mixing into this one pint of water, and pour into a stew-pan; cut one pound of pumpkin, gourd, or vegetable marrow in pieces, half a pound of French beans in halves, half a pint of shelled green peas, a sprig of fresh mint, one capsicum, and put all these vegetables in the stew-pan; add pepper and salt, and stew gently until thoroughly cooked. As the pumpkin, gourd, or marrow requires less time to cook than the other vegetables, they should be put into the stew an hour after the others. This stew requires from two to three hours' cooking.

91.—STEWED ENDIVES AND CELERY.

Put into a small stew-pan two endives cut in five pieces each, one head of celery in pieces two inches long; mix into this one tablespoonful of flour, two ounces of fresh butter, half a pint of milk mixed with pounded almonds, pepper, and salt, and simmer until thoroughly done; mix the yolk of an egg and cream with a few drops of lemon juice into the sauce before dishing. Vegetables dressed in this way are very wholesome and suitable for fish dinners.

92.—POTATOES—WITH TOMATOES.

Slice some raw potatoes, fry them in lard or dripping, and put them in a vegetable dish; cut up some tomatoes, stir them in the pan over the fire, with the fat remaining after the potatoes have been fried, until they are rubbed into a sauce; add pepper and salt, and pour it over the potatoes.

93.—TURNIPS—WITH SAUCE.

Turnips are very excellent dressed this way: peel and boil some good, tender, and

very white turnips, cut them in quarters, place in a vegetable dish, and pour over them some rich butter sauce.

PUDDINGS AND SWEET DISHES.

94.—BREAD AND CHERRY PUDDING.

Soak three-quarters of a pound of bread cut in thin slices in two pints of milk, adding three ounces of butter, and cover for ten minutes; beat four eggs with some moist sugar and a teaspoonful of powdered cinnamon, and mix into the soaked bread; butter a pudding-dish, and having stoned one pound of very ripe black cherries, place them at the bottom of the pudding-dish; add the bread mixture and sift some powdered cinnamon over it. Bake dry, and deep brown.

95.—BREAD AND DAMSON PUDDING.

This pudding is made in the same manner as the preceding, with only this difference, that the damsons are stewed with sugar

first and then stoned, and put into a mould instead of a pudding-dish; bake well.

96.—SPANISH CUSTARD.

Put in an enameled saucepan one quart of milk, four teaspoonfuls of flour, the rind of half a lemon, quarter pound of loaf sugar, and a small piece of cinnamon; mix and stir it well with a wooden spoon, and boil three minutes, taking care to stir all the time; remove from the fire and take away the lemon-peel and cinnamon; mix into it the yolks of eight eggs well beaten up, pour it into a flat dish or in a glass one, and allow it to get perfectly cold; sprinkle some moist sugar over it, and with a red hot salamander, or small flat iron, burn the sugar on the custard as evenly as possible; split some savoy cakes and place them around the edge of the dish, ornamenting the centre by forming a star, a leaf, or a flower, or indeed any pattern or device taste may suggest, by cutting the savoy biscuits into little pieces or shapes. This custard will be found a very elegant dish for dinners or suppers.

97.—PORTUGUESE RICE.

Into three pints of milk put half a pound of rice, the rind of half a lemon, half a teaspoonful of cinnamon, and about half a pound of lump sugar, and simmer until the rice is very well cooked, thick and soft, generally taking two hours to become so; stir it frequently that it may not burn; remove the saucepan from the fire, let it stand five minutes for the rice to swell, then mix into it the yolks *only* of six eggs well whipped, without setting the saucepan on the fire, as the egg would curdle; turn it out into a flat dish, or better still a glass one, and sift some powdered cinnamon over it all and serve. This rice will keep a week, and is equally good cold or hot.

98.—SCALDED SPONGE CAKES.

Lay six sponge cakes in a pudding-dish, sprinkle a little cinnamon or grated nutmeg and a very little sugar, pour a pint of boiling milk over them and serve at once. This is a very nice substitute for a pudding,

is very light and delicate, fit for the invalid, the nursery, or in a general way, and is very quickly prepared.

99.—BREAD FRITTERS.

Cut two French rolls into five rounds each, and moisten with a little milk and sugar. Well beat up four eggs, and dip the rounds of bread thoroughly in the eggs. Fry them in boiling oil to a light brown colour very evenly. Warm in a small saucepan some honey, adding water only sufficient to thin it a little; dip the fritters into it, and lay them on a dish, pouring the remainder of the warm honey over them. If honey is not at hand, make a thick syrup with a pound of sugar, some lemon or Seville orange rind, and a piece of cinnamon in one pint of water, and boil for half an hour, using it the same way as the honey.

100.—MOORISH FRITTERS.

Put half a pound of fine breadcrumbs into a basin with a grated apple and lemon peel, two ounces of sugar, one tablespoonful

of brandy, three well-beaten eggs, and milk enough to moisten it to the consistency of porridge, and mix all well. Pour spoonfuls of this mixture into a frying-pan with boiling lard, so as to form little cakes, and brown lightly; place them on a dish, sift some sugar and cinnamon over them, and serve hot.

101.—INDIAN CORN FRITTERS.

Put into a basin one pound of coarse Indian corn flour, a quarter of a pound of sugar, and a teaspoonful of pounded aniseed; mix into it sufficient boiling water to make it the consistency of mashed potatoes, and make it up into small cakes. Fry in boiling lard, place them on a dish, and sift sugar and cinnamon over them. Serve hot.

102.—APPLE FRITTERS.

Peel and cut some apples into rounds, removing the core, and soak them in a mixture made with sherry wine, a little sugar, and powdered cinnamon, just sufficient to cover them, for two hours. Make a batter with flour, egg, and milk, well whipped to the consistency of cream; take the apple

rounds from the mixture, and dip them in this batter; throw them one by one into boiling lard, letting them brown lightly; sift some sugar, with a little cinnamon, or, if preferred, pour a little hot honey or syrup over them, and serve.

103.—BAKED APPLES—WITH SYRUP.

Wash and scoop some large baking apples, put them in a deep pie-dish, with moist sugar (at the rate of one pound to every dozen apples), a little cinnamon, cloves, or nutmeg; half fill the dish with water, and bake in a hot oven until the apples are thoroughly done, and browned, the syrup remaining thick; let them stand until cold, and dish them in a glass dish, pouring the syrup over them.

104.—STEWED QUINCE.

Peel and cut into quarters some quinces, removing the core, and put them in a preserving pan with some loaf sugar, and water sufficient to just cover them; let them boil gently until they are quite tender, and the fruit turns a deep red colour; the syrup should remain rather thick; put them away until cold, and serve in a glass dish.

105.—LUNCHEON TOAST.

Toast a round of new bread without crust, sprinkle over it a little cinnamon, powdered aniseed, and sifted sugar, in equal quantities; pour some sherry or port wine by degrees into the toast until well soaked. The bread should be quite hot when served, and will be found very useful for persons suffering from weak digestions, or who, having small and delicate appetites, can take but small quantities of food at a time.

106.—SPANISH CHOCOLATE.

Spanish chocolate is always made thick, and for the purpose put one ounce of chocolate for every teacupful of water. Mill it whilst boiling, and when it has risen three times stand it in a warm corner of the stove (without boiling) for a few minutes, as it improves it. This is taken at Merienda, which stands for afternoon tea, in Spain, and would be a pleasant and agreeable change in England.

107.—HOW TO MAKE COFFEE.

To a quart of cold water put one ounce or an ounce and a half of coffee, according as it is wanted very strong. Let it boil up,

stir well, and then throw in half a cupful of cold water to precipitate the coffee grounds. Cover it up well and let it simmer on the hob for an hour and a half to two hours. Let it stand for three minutes and pour into the silver coffee-pot, carefully leaving the grounds behind. Should the coffee be wanted for breakfast, it can be made the previous evening, and warmed up; care being taken not to put it back with the grounds, as it would make it thick. Coffee made in this way, and drained into a clean jar, is ready for use at any time, and will keep for several days, ready when required without having to make it every day.

108.—AFRICAN WAY OF MAKING COFFEE.

Take some freshly ground Mocha coffee and put it into sweet fresh cold milk, as much as may be required for breakfast, and stir the coffee into the milk without boiling; let it stand until the morning, when it is boiled up only once. Pour into the cups gently, so as to leave the coffee grounds at the bottom. This is a very nourishing and stimulating beverage, as no water is put into it, and is greatly used by travellers in Africa.

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